

Fishing – Safety

Water Safety

Fishing isn't a dangerous sport, but anytime you are outdoors in all kinds of weather near water there is an element of risk. Being prepared and taking proper precautions can eliminate most of the risk.

Personal Flotation Devices (PFDs)

Personal flotation devices are not just for wearing in boats and not just for those who can't swim. Anytime you are on or near deep or fast-moving water, it is always best to wear your PFD. Approximately 90 percent of water-related fatalities are the result of drowning. Most accidents are a sudden, unexpected occurrence. If you're not wearing your life jacket, it will be of little use to you. Make sure the PFD is in good condition and fits properly.

Wading

There are several rules you should follow for safe wading.

1. Wade with a fishing buddy.
2. Wear your PFD.
3. Find out whether the bottom is rocky or muddy.
4. Shuffle your feet or probe with a stick along the bottom to avoid holes.
5. Study how swiftly the water is moving.
6. Wear appropriate foot wear (considering water temperature and bottom substrate).

Person In Water

Reach-Throw-Row-Go is a method of rescuing a person who is in trouble in water. If the person is close to you, REACH out with a long object such as an oar or tree limb to pull the person into shore or the boat.

If you can't reach the person, then THROW them a life-saving device. If possible, it should be tied to the end of a line so you can pull the person to you. An inflatable ball or foam cooler can be used if the proper device is not available.

If there is nothing to throw, ROW a boat to the person in trouble. The person should be pulled in over the stern, or back, of the boat if possible to prevent the boat from tipping over. If the boat has a motor, it must be shut off before you get to the person in the water.

GO (swim) to the person ONLY as a last resort and only if you have had life-saving training. People who are drowning often panic and injure or drown someone trying to rescue them.



Fishing in Cold Weather

To stay warm, wear several layers of clothing. Air trapped between the layers serves as insulation. A wool hat prevents heat loss from your head. Fishing is difficult with most gloves, but lightweight rubber gloves, gloves without fingertips, and gloves that have a flap to expose your fingers allow greater manual dexterity.

Hypothermia

Hypothermia is a condition in which your body loses heat faster than it can produce it. Without treatment, your life is in danger. Exposure to the cold along with wind, wetness and exhaustion causes hypothermia. A common misconception is that the air or water temperature must be below freezing before you can become hypothermic. Actually, many cases of hypothermia develop in air temperatures between 30 and 50 degrees. And because water takes away body heat 25 times faster than air of the same temperature, any water colder than 70 degrees can cause hypothermia.

Symptoms of hypothermia include uncontrollable shivering, fumbling hands, slow speech, confusion and exhaustion. To treat hypothermia, get the victim out of the cold, give warm drinks, keep the person awake, remove all wet clothing and get the victim into dry clothes.

Ice Fishing

West Virginia doesn't possess numerous ice fishing opportunities and in some ways, that makes the sport a little riskier. Anglers may be tempted to venture out on a frozen lake or river before checking the thickness of the ice. Ice should be at least four inches thick before it is considered safe.

Safety with Fishing Equipment

Fishing hooks can be dangerous if not handled properly. Look behind you before you cast to make sure your hook will not be caught on a power line, a tree or a person. Do not leave fishing tackle lying loose on the ground. Someone can trip on it and fall or step on a hook.